

Prophet Muhammad's behaviour regarding fasting

Obligatory fasting

The Messenger of Allah (peace be upon him) fasted Ramadan and ordered his nation to fast «it. Allah (Glorified is He) says

O you who believe, fasting is prescribed to you as it was prescribed to those before you, }
{that you may [learn] to be fearful of Allah [and so ward off evil]

.[Surah Al-Baqarah: 183]

Allah (Glorified is He) made fasting a means of becoming more pious and becoming closer to Him. The Messenger of Allah (peace be upon him) did not start fasting Ramadan until he announced that the new moon (of the month of Ramadan) had arrived, or another person saw the new moon. If the Messenger of Allah (peace be upon him) did not see the new moon or if no one else saw the new moon, he would complete thirty days for the month of Shaban [before starting to fast Ramadan]. The Messenger of Allah (peace be upon him) used to be quick in breaking his fast at Maghrib (sunset) and encouraged others to do the same. «The Messenger of Allah (peace be upon him) said

My nation will continue to adhere to good as long as they hasten to break the fast [at »
«Maghrib]

.[related by Al-Bukhari and Muslim]

The Messenger of Allah (peace be upon him) used to delay eating the pre-dawn meal or snack and encouraged others to do the same. The Messenger of Allah (peace be upon him) «said

«Eat before Fajr [dawn] prayer, as there are blessings in the pre-dawn food»

.[related by Al-Bukhari and Muslim]